

Stand Up Paddling Adventures

SUP Sports Clinic

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Welcome! Introductions, attendance, stretching & warm-ups	9:00 Attendance, stretching & warm-ups	9:00 Attendance, stretching & warm-ups	9:00 Attendance, stretching & warm-ups	9:00 Attendance, stretching & warm-ups
9:15 ★ Understanding the importance of beach clean-up, leave no trace ethics ★ Ocean awareness and ocean safety	9:15 ★ Review of ocean safety and paddling basics ★ Discussion of surfing and SUP etiquette	9:15 ★ Discussion of our local environment & marine biology	9:15 ★ Focused core training ★ SUP fitness & yoga	9:15 ★ Discussion of different boards and equipment. ★ How to choose the right board for you.
9:45 ★ Swim test	9:30 ★ Ocean instruction ★ Paddling techniques	9:30 ★ Harbor paddle	10:15 Nutrition Break	9:30 ★ Paddling fun
10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break	10:30 ★ SUP adventure, destination paddle to Leadbetter Beach	10:15 Nutrition Break
10:30 ★ SUP basics ★ On the beach lesson ★ In the ocean lesson	10:30 ★ Paddle to the pier	10:30 ★ Advanced paddling techniques and riding waves ★ Team relay race	Noon: Parent Pick-up	10:30 ★ Paddle race
Noon: Parent Pick-up	Noon: Parent Pick-up	Noon: Parent Pick-up		11:30 ★ Awards ceremony
				Noon: Parent Pick-up